T5 TREADMILL

OWNER'S MANUAL

M051-00K59-0011 REV B

LifeFitness
WHAT WE LIVE FOR

CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.
847.288.3300 • FAX: 847.288.3703
Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)
Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

AMERICAS

North America
Life Fitness, Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: *customersupport@lifefitness.com*
Service Website: *www.lifefitness.com/parts*
Sales/Marketing Email:
consumerproducts@lifefitness.com
Operating Hours: 7:00 am-6:00 pm (CST)

Brazil
Life Fitness Brasil

Av. Cidade Jardim, 900
Jd. Paulistano
São Paulo, SP 01454-000
BRAZIL
SAC: 0800 773 8282
Telephone: +55 (11) 3095 5200
Fax: +55 (11) 3095 5201
Service Email: *suporte@lifefitness.com.br*
Sales/Marketing Email: *lifefitness@lifefitness.com.br*
Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)
Store Operating Hours:
9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean*
Life Fitness Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: *customersupport@lifefitness.com*
Sales/Marketing Email:
consumerproducts@lifefitness.com
Operating Hours: 7:00am-6:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA (EMEA)

Netherlands & Luxemburg
Life Fitness Atlantic BV

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699
Service Email: *service.benelux@lifefitness.com*
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

United Kingdom & Ireland
Life Fitness UK LTD

Queen Adelaide
Ely, Cambs, CB7 4UB
Telephone: General Office (+44)
1353.666017
Customer Support (+44) 1353.665507
Fax: (+44) 1353.666018
Service Email: *uk.support@lifefitness.com*
Sales/Marketing Email: *life@lifefitness.com*
Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland
Life Fitness Europe GMBH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+49) 89.31 77 51.0 (Germany)
(+41) 0848 000 901 (Switzerland)
Fax: (+49) 89.31 77 51.99 (Germany)
(+41) 043 818 07 20 (Switzerland)
Service Email: *kundendienst@lifefitness.com*
Sales/Marketing Email:
kundenberatung@lifefitness.com
Operating Hours: 08.30 -16.30h (CET)

Austria
Life Fitness Austria

Vertriebs G.m.b.H.
Dückegasse 7-9/3/36
1220 Vienna
AUSTRIA
Telephone: (+43) 1.61.57.198
Fax: (+43) 1.61.57.198.20
Service Email: *kundendienst@lifefitness.com*
Marketing/Sales Email:
kundenberatung@lifefitness.com
Operating Hours: 08:30-16.30.h (MEZ)

Spain
Life Fitness IBERIA

C/Frederic Mompou 5,1º1ª
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670
Service Email: *servicio.tecnico@lifefitness.com*
Sales/Marketing Email: *info.iberia@lifefitness.com*
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium
Life Fitness Benelux NV

Parc Industrial de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Fax: (+32) 87 300 943
Service Email:*service.benelux@lifefitness.com*
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h -17.00h (CET)

Italy
Life Fitness Europe GmbH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+39) 02-55378611
Service: 800438836 (In Italy)
Fax: (+39) 02-55378699
Service Email: *assistenzatecnica@lifefitness.com*
Sales/Marketing Email: *info@lifefitnessitalia.com*
Operating Hours: 08:30 - 16:30h (CET)

All Other EMEA Countries &
Distributor Business C-EMEA*

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 644
Fax: (+31) 180 646 699
Service Email: *service.db.cemea@lifefitness.com*
Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

ASIA PACIFIC (AP)

Japan
Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: *service@lifefitnessjapan.com*
Sales/Marketing Email:*sales@lifefitnessjapan.com*
Operating Hours: 9.00h-17.00h (JAPAN)

China and Hong Kong
Life Fitness Asia Pacific LTD

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: *HongKongEnquiry@lifefitness.com*
Sales/Marketing Email:
ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries &
distributor business Asia Pacific*

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: *HongKongEnquiry@lifefitness.com*
Sales/Marketing Email:
ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

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Before using this product, it is essential to read this ENTIRE operation manual and ALL installation instructions. This will help in setting up the equipment quickly and in instructing others on how to use it correctly and safely.

Note: *This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the operation manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:*

- Re-orient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

MISE EN GARDE : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user serviceable parts.

This Operation Manual describes the functions of the following products:

Life Fitness Treadmill Model:
T5

Thank you for purchasing a Life Fitness treadmill. Before using this product please read this user manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features on your treadmill. We hope you achieve the product experience on your treadmill that you expect, but if you do have any service issues please go to the

How to Obtain Product Service section which will provide information on obtaining domestic and international product service. See “Specifications” in this manual for product specific features.

Statement of Purpose: The Treadmill is an exercise machine that enables users to walk or run in place on a moving surface.

CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. LIFE FITNESS STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

MISE EN GARDE: Liés à la santé des blessures peuvent résulter de l’utilisation incorrecte ou excessive de l’équipement d’exercice. LIFE FITNESS recommande FORTEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d’exercice, et tout particulièrement si l’utilisateur a des antécédents familiaux d’hypertension ou de troubles cardiaques, s’il a plus de 45 ans, s’il fume, s’il a du cholestérol, s’il est obèse ou n’a pas fait d’exercice régulièrement depuis un an.

Si, pendant l’utilisation de l’appareil, l’utilisateur ressent un malaise, des vertiges, des vertiges, des douleurs ou des difficultés à respirer, il doit s’arrêter immédiatement.

1 Important Safety Instructions

WARNING: READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL. SAVE THESE INSTRUCTIONS.

DANGER: To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.

WARNING: To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.

WARNING: This treadmill has immobilization software. Only activate the software immobilization when the treadmill is not in use. Refer to this Owner's Manual for instructions on immobilizing the treadmill. Keep the instructions out of the reach of children.

WARNING: Do not move the treadmill by lifting the console. Do not use the console as a handlebar during a workout.

WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

WARNING: Equipment should be installed on a stable base and be properly leveled.

WARNING: Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.

WARNING: The belt centering adjustment must be performed if the belt has drifted up to or under the extrusion. Refer to Section 4.

CAUTION: Risk of injury to persons – To avoid injury use extreme caution when stepping onto or off of a moving belt.

- To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor, under or along the side of the treadmill.
- If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Do not use this product outdoors, near swimming pools, or in areas of high humidity.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.

- Do not reach into or underneath the unit, or tip it on its side during operation.
- Do not allow other people to interfere with the user or equipment during a workout.
- Keep an open area of 6.5 feet (2 meters) by 3 feet (1 meter) behind the treadmill clear of any obstructions, including walls, furniture and other equipment.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and / or using.
- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails and place his/her feet on the side platforms. The handrails may be held to enhance stability as needed, but are not for continuous use.
- Never walk or jog backwards on the treadmill.
- Immobilize the treadmill so the motors will not run when the unit is not in use. To do this, press and hold both the SPEED DOWN ARROW and the STOP key on the activity zone.
- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- In conformity with the European Union Machinery directive 2006/42/EC, this equipment runs at sound pressure levels below 70 dB(A) at the average operating speed of 8 km/hr.
- The universal electrical grounding symbol is:

Consignés De Sécurité Importantes

AVERTISSEMENT : Lire toutes les instructions avant d'utiliser le tapis roulant.

DANGER : Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant lenettoyage ou toute mesure d'entretien.

AVERTISSEMENT : Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.

AVERTISSEMENT : Ce tapis de course est doté d'un logiciel d'immobilisation. N'activez le dispositif d'immobilisationque lorsque le tapis de course n'est pas utilisé. Consultez le manuel de l'utilisateur de T5 pour toute instruction relative àl'immobilisation du tapis de course. Conservez les instructions hors de portée des enfants.

AVERTISSEMENT : Ne déplacez pas le tapis de course en soulevant la console. N'utilisez pas la console commeguidon lors d'un exercice.

AVERTISSEMENT : Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.

AVERTISSEMENT: L'équipement doit être installé sur une base stable et être correctement mis de niveau.

AVERTISSEMENT : S'assurer que la dragonne d'arrêt d'urgence est attachée à l'utilisateur et fixée adéquatement au tapis roulant avant de commercer un exercice.

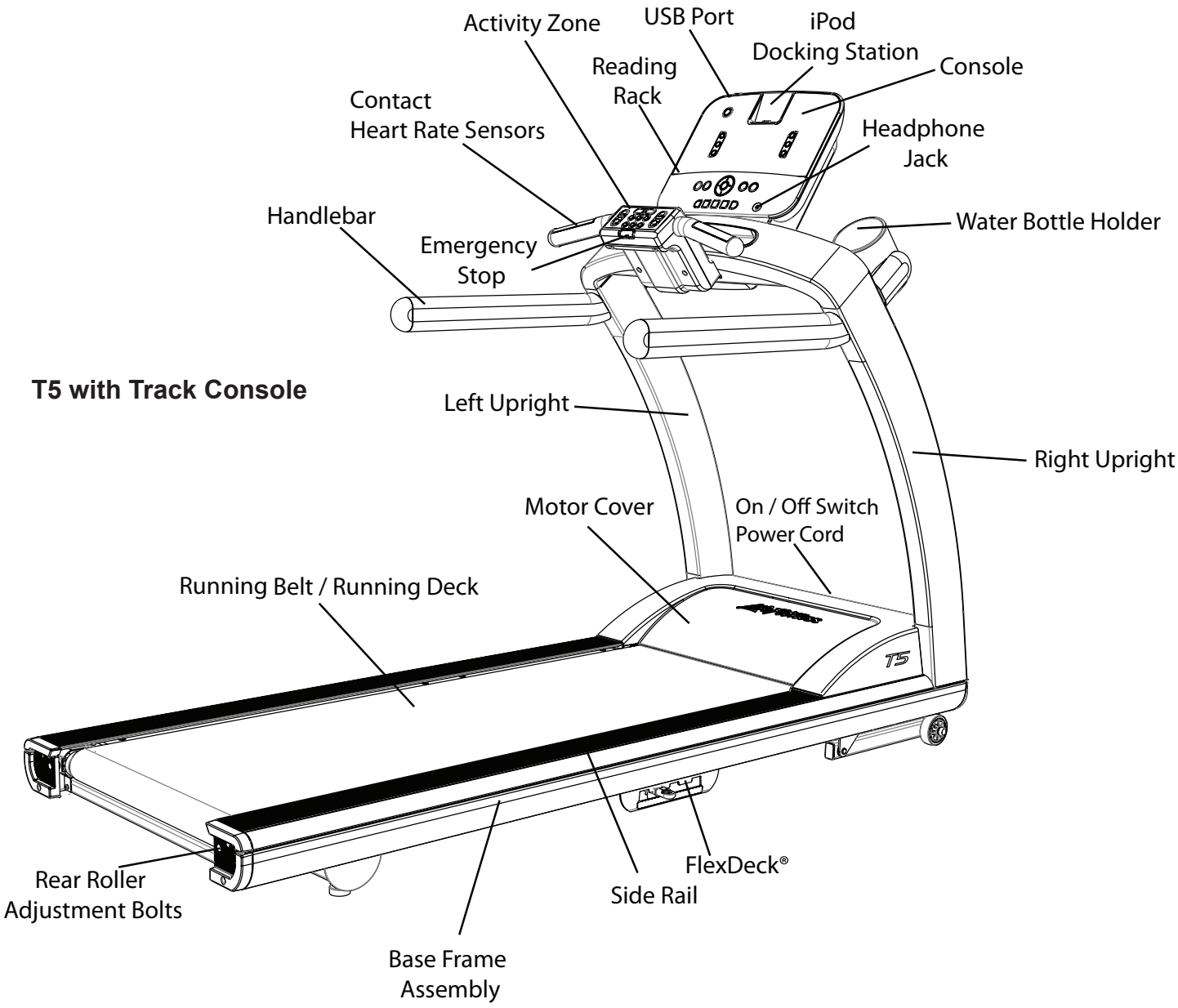
AVERTISSEMENT : La ceinture de réglage de centrage doit être effectuée si la courroie a dérivé jusqu'à ou dans le cadre de l'extrusion. Consultez la Section 4.

MISE EN GARDE : Risque de blessures corporelles – Pour éviter de se blesser, faire preuve d'extrême prudence lors de la montée ou descente de la courroie en mouvement.

- Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
- Ne jamais faire fonctionner un produit Life Fitness dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de Life Fitness.
- Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée. Ne pas faire passer le cordon sur le sol, sous le tapis roulant, ni le long de l'appareil.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Ne pas utiliser ce produit dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. Ces substances créent des risques de combustion et d'explosion.
- Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
- Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
- Les enfants doivent faire l'objet d'une surveillance afin de veiller à ce qu'ils ne jouent pas avec l'appareil.
- Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.

- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, couper l'alimentation électrique, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de Life Fitness.
- Ne jamais placer aucun liquide directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des conteneurs munis de couvercles.
- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fonctionnement.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.
- Conserver une zone de 2 m (6.5 ft) sur 0,9 m (3 ft) libre de toute obstruction derrière le tapis roulant Life Fitness, y compris aucun mur, meuble ou autre appareil.
- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.
- Ne jamais monter sur le tapis roulant et ne jamais en descendre pendant qu'il tourne. Utiliser les rampes latéralesafin de ne pas perdre l'équilibre. En cas d'urgence, par exemple, en cas de trébuchement ou de faux pas, saisir les rampes latérales et placer les pieds sur les plates-formes latérales. Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
- Ne jamais marcher ni courir à reculons sur le tapis roulant.
- Immobilisez le tapis de course afin que les moteurs ne tournent pas lorsque l'unité n'est pas utilisée. Pour cefaire, appuyez sur la FLECHE VERS LE BAS et la touche STOP (ARRÊT) de la console, et maintenez-lesenfoncées.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Conformément à la directive de l'Union Européenne 2006/42/EC sur les machines, cet équipement fonctionne àdes niveaux de pression sonore inférieurs à 70 dB(A) à la vitesse de fonctionnement moyenne de 8 km/h.
- Le symbole de mise à la masse électrique universel est le suivant :

2 Life Fitness T5 Treadmill Design Illustration



3 ASSEMBLY

3.1 UNPACKING

For safety, and to save time and effort, read this Owner's Manual completely before installing your Life Fitness Treadmill. Place the treadmill near where it will be used before beginning the unpacking procedure.

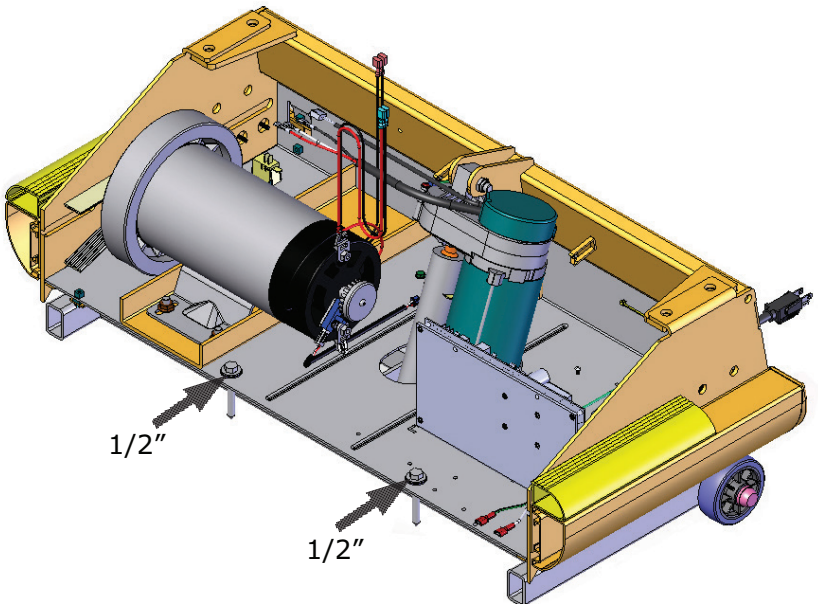
These unpacking instructions assume you have already done the following:

- Removed the top of the shipping carton.
- Removed the corrugate packing material.
- Removed these assembly instructions from the bridge assembly carton.

The best method for unpacking the rest of the treadmill proceeds as follows:

- Remove the bridge assembly carton from the base unit.
- Break down the sides of the inner shipping carton.
- Remove the treadmill uprights from the shipping carton.
- Assemble the treadmill. Once assembly is complete:
  - Roll the treadmill off the shipping carton and to the location where it will be used.

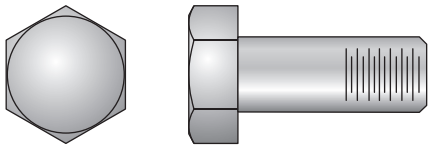
The treadmill is bolted to a wooden pallet. Before moving the treadmill base off the pallet you must remove two bolts inside the motor pan. FAILURE TO REMOVE THE TWO BOLTS CAN CAUSE PERSONAL INJURY OR DAMAGE TO YOUR TREADMILL. Remove the motor cover. Unscrew the two bolts with a 1/2 inch socket wrench. Discard the bolts and washers. Continue with the assembly instructions as normal.



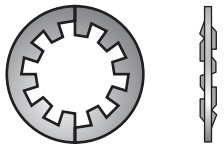
3.2 Component List and Hardware

Identify the following components after unpacking your treadmill:

1	Left Upright	Qty: 1
2	M10 X 25MM Bolt	Qty: 12
3	M10 Star Washer	Qty: 12
4	Right Upright	Qty: 1
5	Bridge Assembly	Qty: 1
6	Console	Qty: 1
7	M10 X 25MM Socket Head Cap Screw	Qty: 4
8	Bridge Cover	Qty: 1
9	#10 X 1/2 Phillips Screw	Qty: 2
10	#6 X 3/8 Phillips Screw	Qty: 4
11	Cup	Qty: 2
12	Accessory Tray	Qty: 1

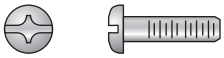


M10 X 25MM BOLT (#2)

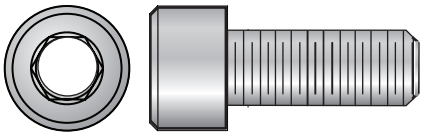


M10 STAR WASHER (#3)

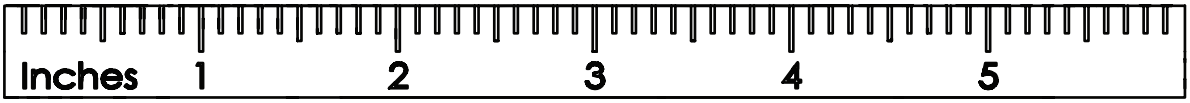
#10 X 1/2” PHILLIPS SCREW (#9)



#6 x 3/8” PHILLIPS SCREW (#10)



M10 X 25MM SOCKET HEAD CAP SCREW (#7)



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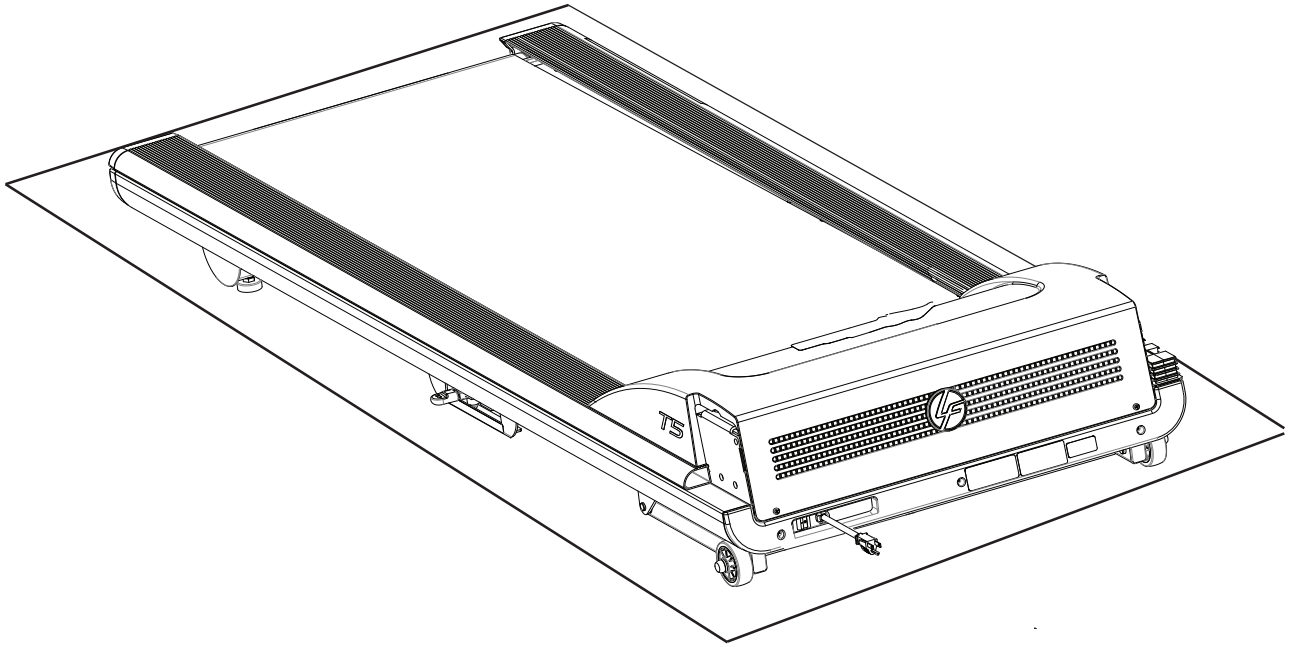

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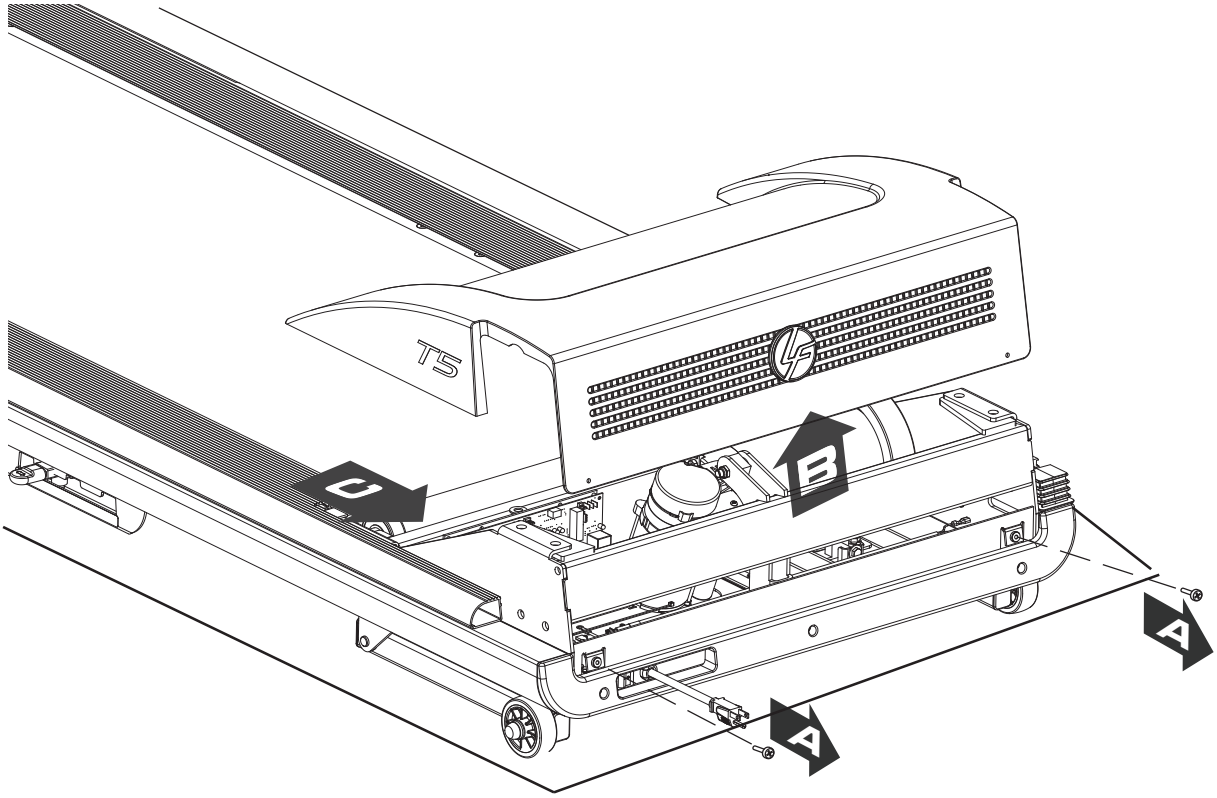
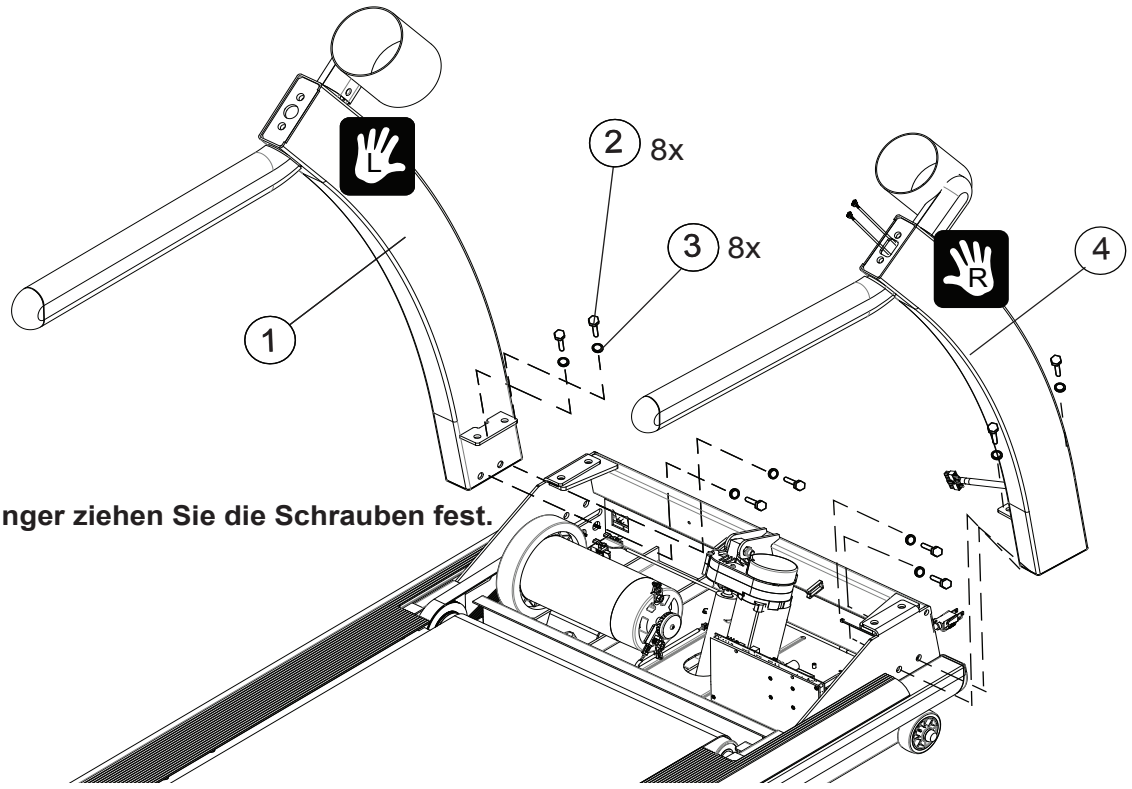
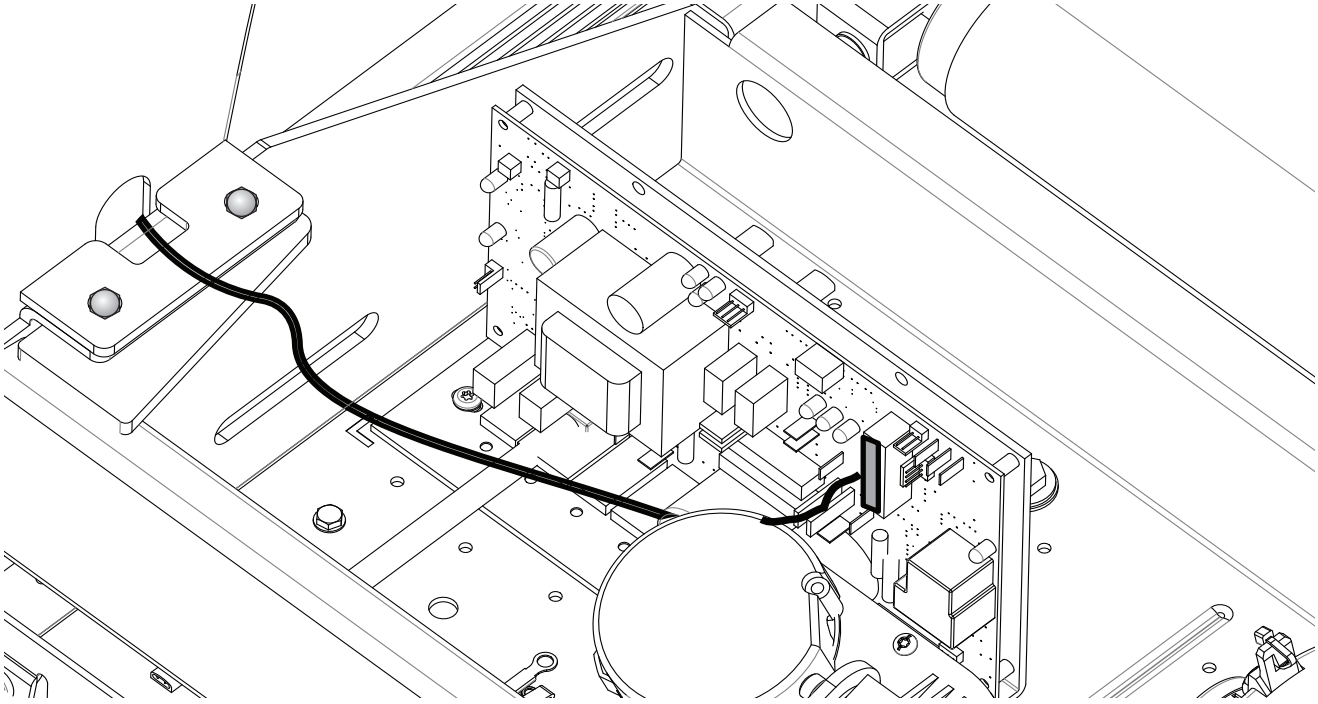


3



Finger ziehen Sie die Schrauben fest.

4



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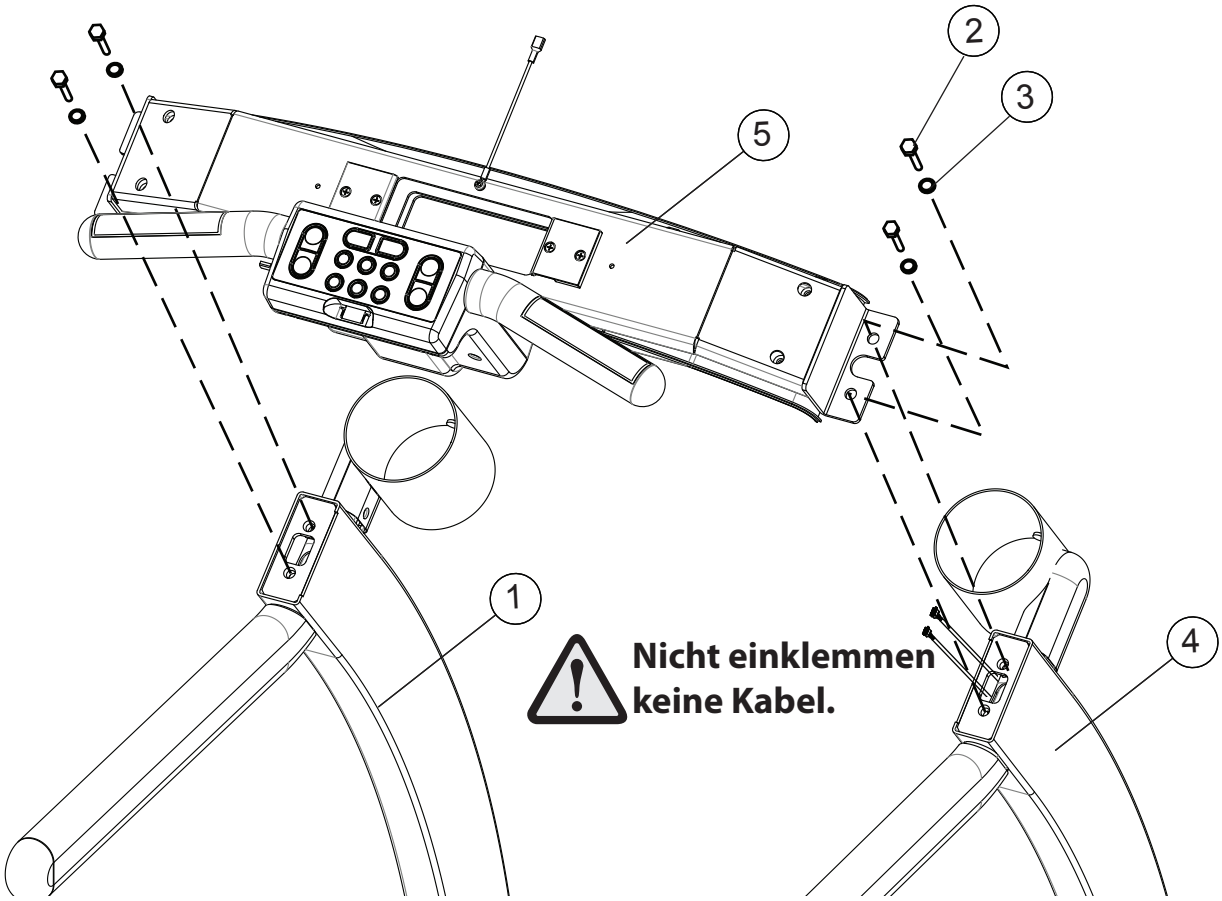

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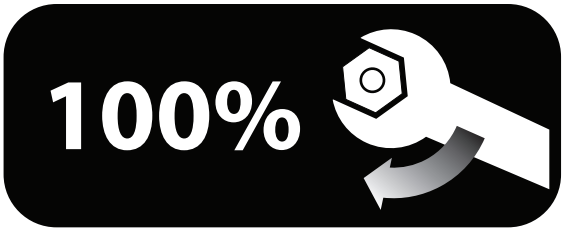
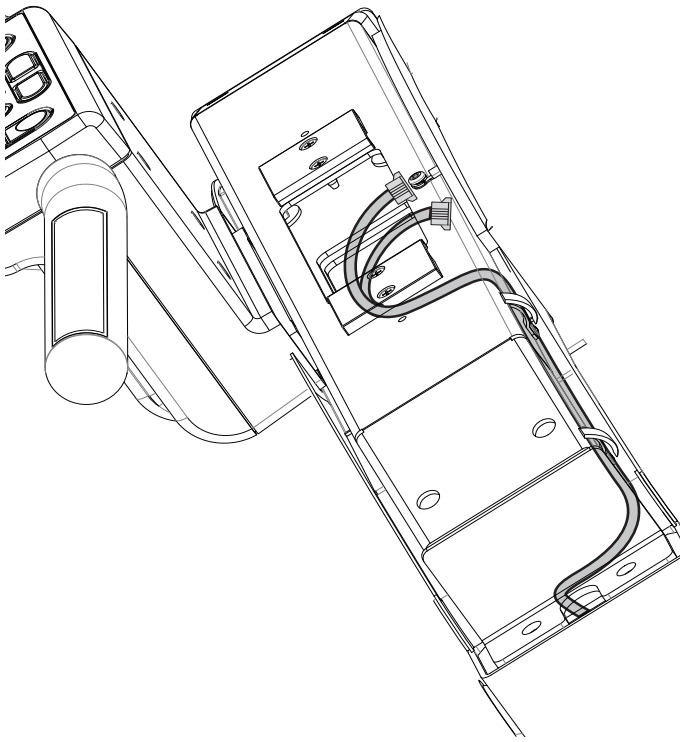


Sicherstellen, dass alle Befestigungsteile festgezogen sind

7



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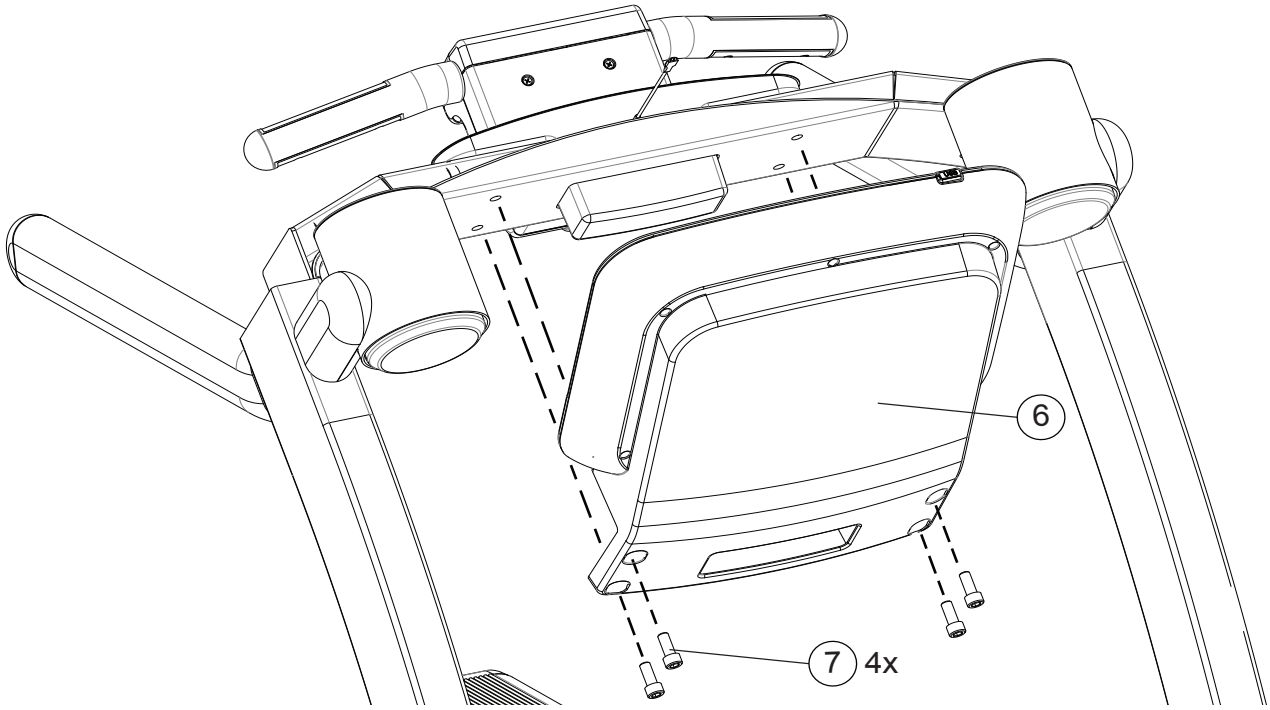

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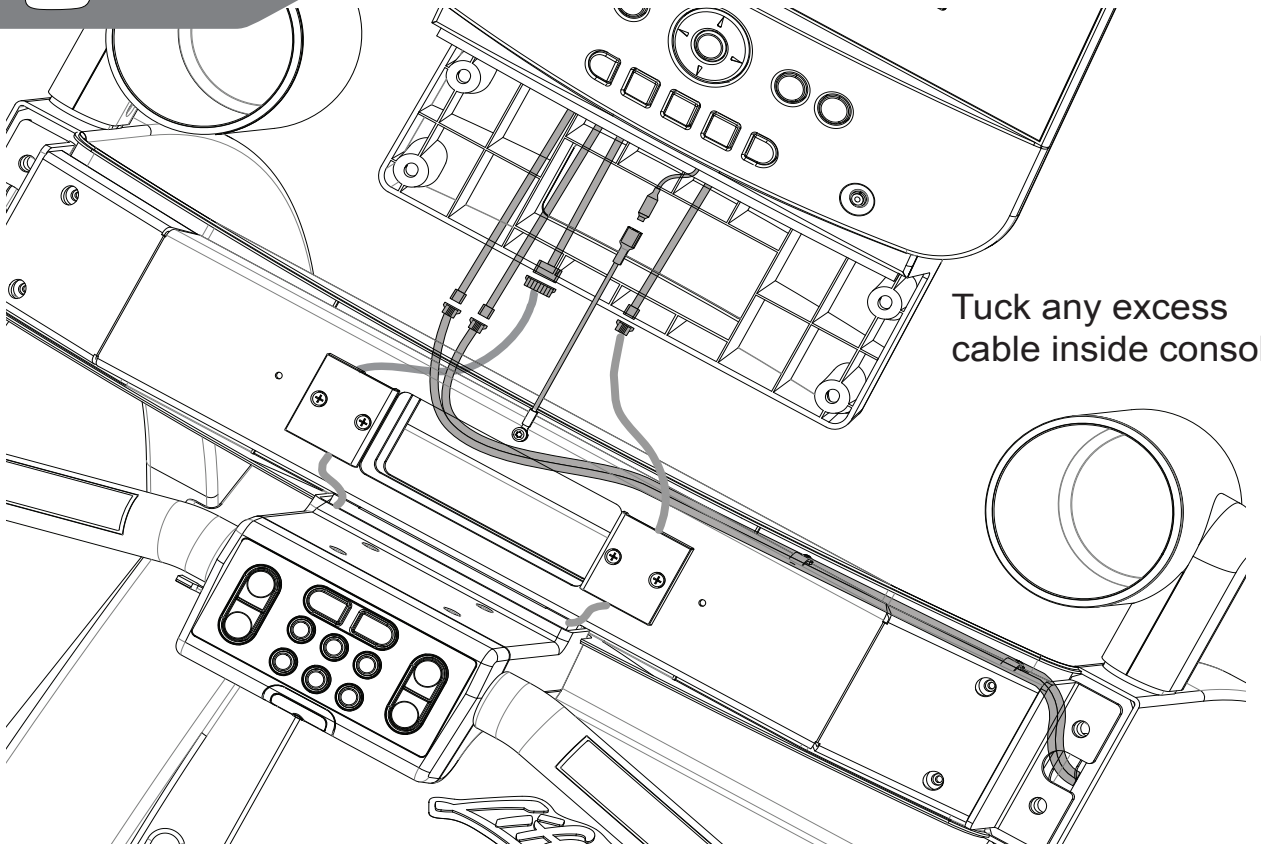
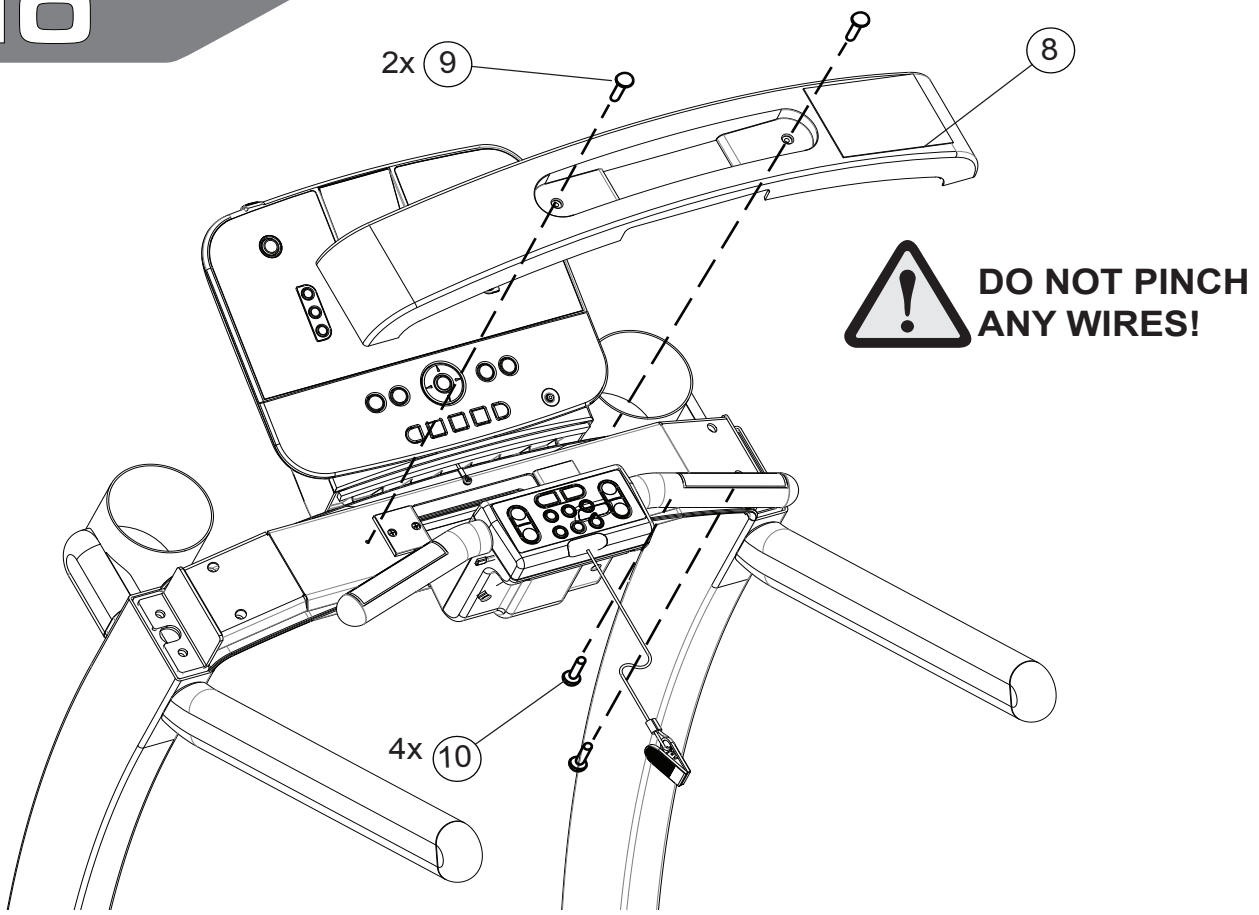
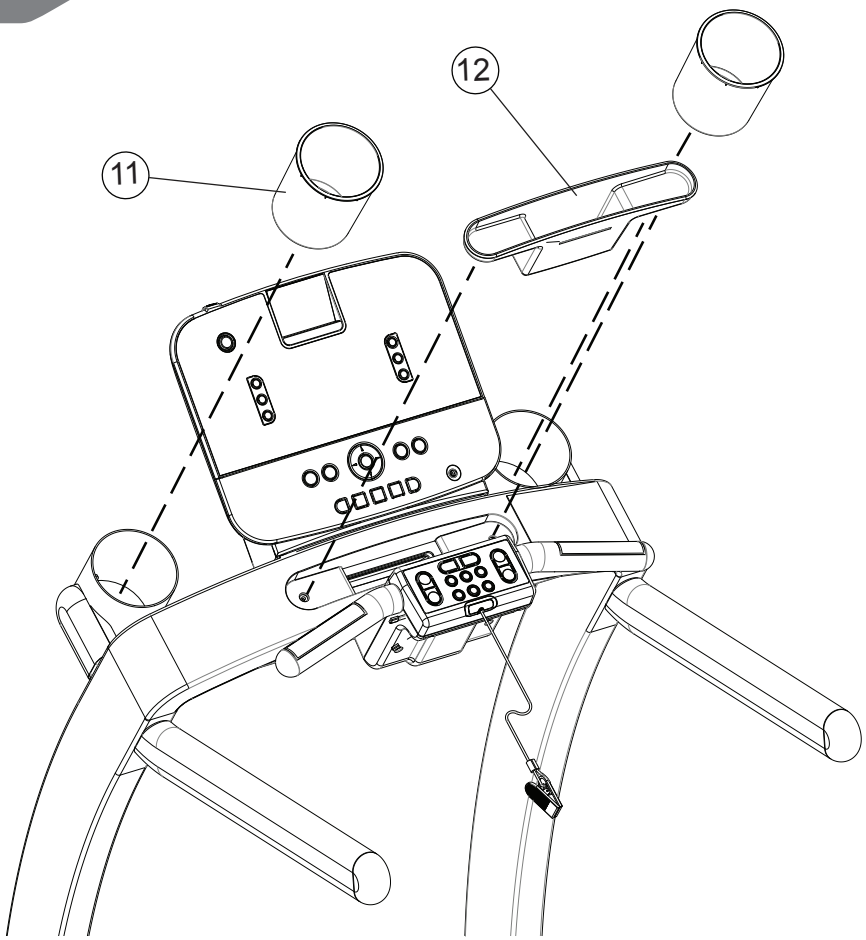

Tuck any excess
cable inside console.

10

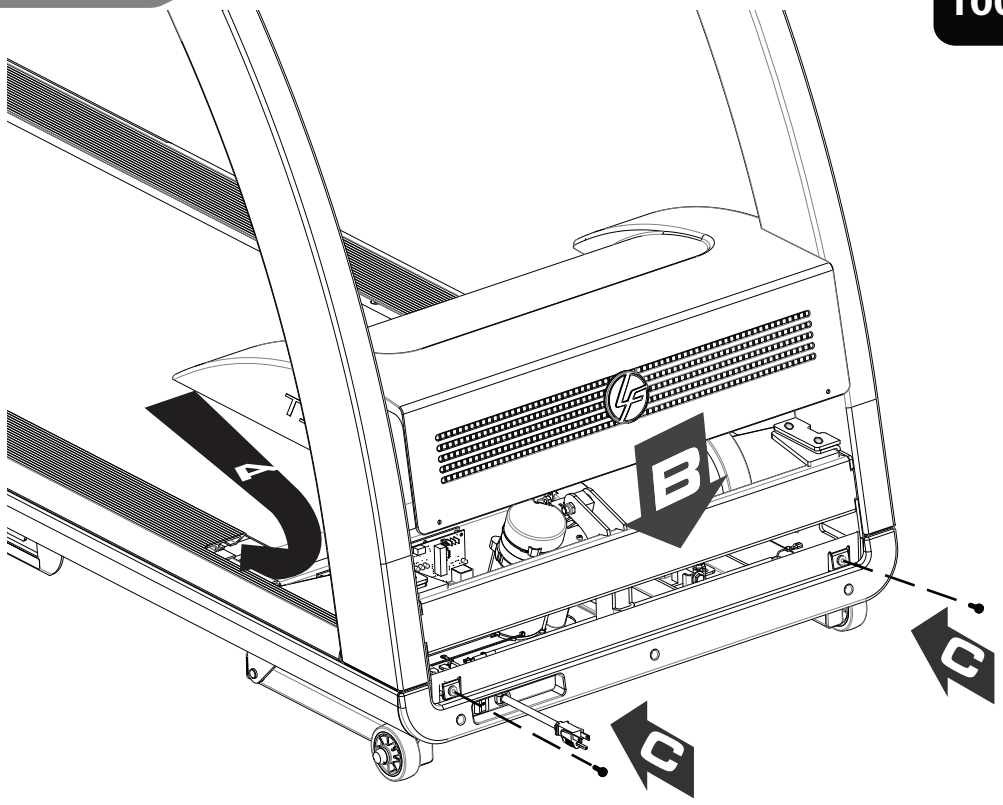

2x 9
8
DO NOT PINCH
ANY WIRES!
4x 10

11



12

100 %



3.3 CALIBRATION

Before using your treadmill please follow the calibration instructions below. Please stand to the side of your treadmill during calibration.

1. Turn treadmill on, or if on press the RESET key.

2. The console will display “PLEASE WAIT” or “WAIT”.

3. When “PLEASE WAIT” or “WAIT” disappears and the screen is blank press and hold the PAUSE key until “DIAGNOSTICS” appears. Once ”DIAGNOSTICS” appears, press ENTER.

4. Use the arrow keys to scroll through the diagnostics menu to “CALIBRATION” or “CALIB”.

5. Press enter to select “CALIBRATION” or “CALIB”.

6. Press the START key located on the activity zone to begin calibration.

7. Your treadmill will now automatically cycle through a series of tests including speed and incline adjustments in order to complete calibration.

8. When successfully completed the console will display “PASS”.

   ***If there was an error during calibration the console will display “FAIL”.

   ***If a failure occurred press STOP twice and restart the process at Step 1.

   ***If failure occurs again take note of the error number display and contact Life Fitness Customer Support Services at 1-800-351-3737 (U.S.A. and Canada).

9. Upon successful completion press the RESET key three times to exit calibration mode.

4 Setup

Electrical Requirements

Most Life Fitness treadmills are intended for use on a normal 120 volt circuit in the United States and Canada. Below is a table that provides the current rating for this product based on supply voltage. Make sure that the treadmill model supports the proper line voltage for the installation location before plugging into the outlet.

Supply Voltage (VAC)	Frequency (Hz)	Maximum Current (Amps)
120	50 / 60	12
230	50 / 60	10

Electrical Grounding Requirements

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides the path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. A temporary adapter must not be used to connect this plug to a two-pole receptacle in North America. If a properly grounded, correct amperage outlet is not available, a qualified electrician must install one.

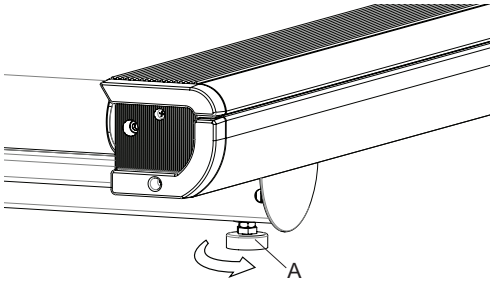
DANGER: A risk of electrical shock may result from improper connection of the equipment's grounding conductor. Check with a qualified electrician if you are unsure about proper grounding techniques. Do not modify the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

Turning the Unit On

To turn the treadmill on, locate the ON/OFF power switch at the front of the treadmill near the power cord and switch it to ON.

How to Stabilize the Life Fitness Treadmill

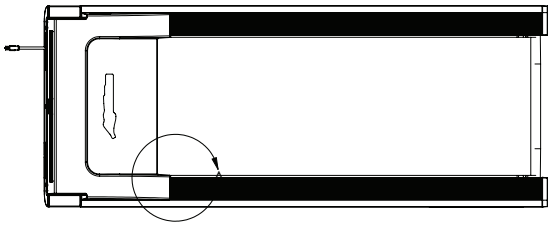
After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizing leg is not resting on the floor. To adjust, turn the STABILIZING LEG (A) motion ceases and both stabilizing legs rest firmly on the floor.



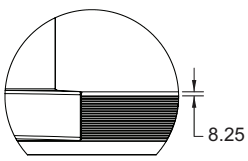
Note: *It is extremely important that the stabilizing leg be correctly adjusted for proper operation.*

Checking the Belt

After the treadmill has been installed and stabilized, the belt must be checked to confirm proper tracking. First, ensure the power cord is plugged into a suitable outlet, as described in the above *Electrical Requirements* section. Then turn the treadmill on. Stand on the side rails of the treadmill and straddle the belt. To start the belt, press the WALK key, then press the SPEED UP arrow key until the treadmill reaches 4.0 mph/ 6.4 kph. If the striding belt appears off-center, see the instructions in *Tracking (Centering) An Existing Or New Striding Belt* in Section 7.3.

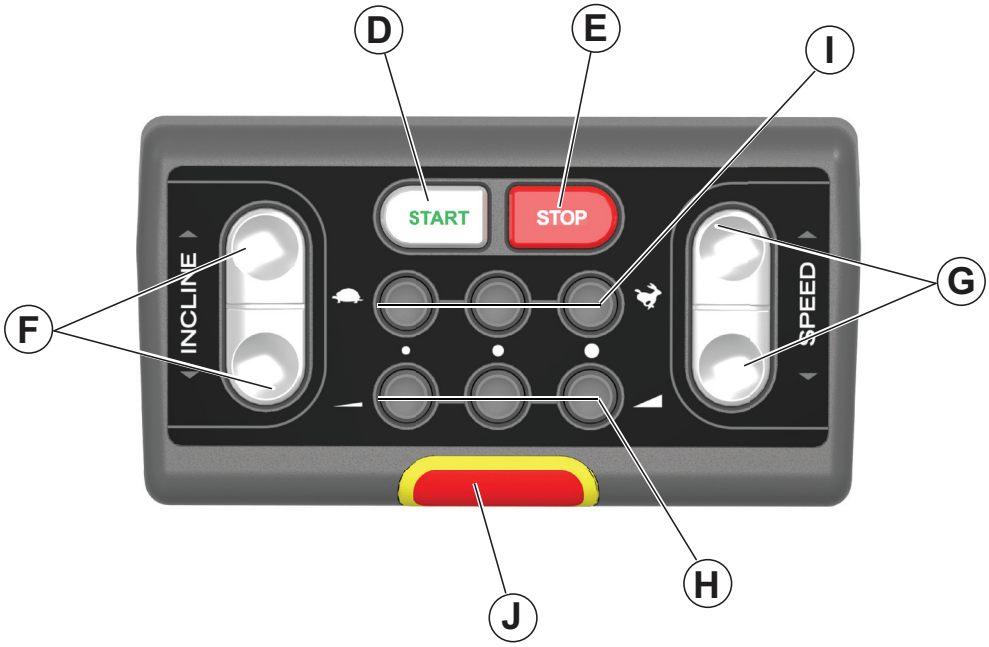


Note*: Normal belt operating position is for the belt to be located between the aluminum extrusions (see illustration to the right). If the belt is not in this position, see Tracking (Centering) An Existing Or New Striding Belt* in S*ection 7.3.*



DETAIL A
SCALE 1 : 6

5 Activity Zone and Heart Rate Sensor Overview



D. Start: Causes the belt to begin moving at 0.5 mph and 0% elevation.

E. Stop: Causes the belt to slow to a gradual stop. One push pauses the workout, two pushes displays workout information, and three pushes reset the workout.

F. Incline Arrows: Change the belt's incline gradually, increasing (up arrow) or decreasing (down arrow) the incline by 0.5% each time the user presses an arrow. Maximum incline is 15%.

G. Speed Arrows: Change the belt's speed gradually, increasing (up arrow) or decreasing (down arrow) the speed by 0.1 mph each time the user presses an arrow. Maximum speed is 12 mph / 19 km/h.

H. Low/Med/High: Changes the belt's incline immediately to a preset value. Initially these buttons are set to change the incline to 1.5% (Low), 3% (Mid) and 5% (High). However, the user can set these buttons to new values by first changing the belt's incline to the desired new value, then holding down the button the new value will be assigned to until the treadmill beeps.

I. Walk / Jog / Run: Changes the belt's speed immediately to a preset value. Initially these buttons are set to change the speed to 2 mph / 3 kph (Walk), 4 mph / 6 kph (Jog) and 6 mph / 9.6 kph (Run). However, the user can set these buttons to new values by first changing the belt's speed to the desired new value, then holding down the button the new value will be assigned to until the treadmill beeps.

J. E-Stop Key: This key connects to the E-Stop Lanyard, which must be clipped to the user's clothing when the treadmill is in use. Pulling the lanyard so that it comes free of the Activity Zone will stop the treadmill's striding belt; this serves as a safety feature, stopping the belt should the user stumble or fall. Replacing the key will show the Workout Summary data.

Note: *Removing the E-Stop key stops the walking belt and incline motor, but all parts are still electrically energized. In case of electrically caused errors, remove the power cord from the electrical outlet.*

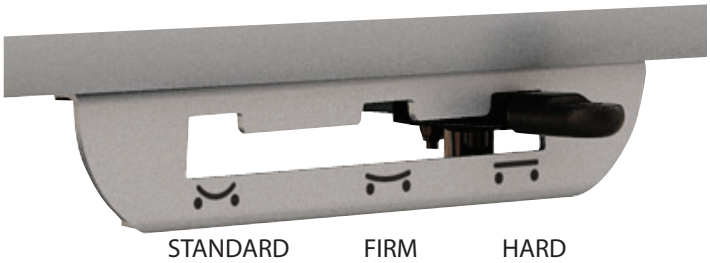
Hand Pulse Sensor System

The hand pulse sensors (K) are the built-in heart rate monitoring system on the treadmill. During a workout, grasp the sensors that are set into the handlebars. For an accurate reading, use a comfortable grip. The console displays the heart rate after 15 to 20 seconds.

6 FlexDeck® Select Feature

The FlexDeck Select feature was designed to give users the feeling of running outdoors on different surfaces in addition to providing users with the ability to customize the cushioning to their preferences. The FlexDeck Select feature has three different settings: ***Standard, Firm*** and ***Hard***.

- The Standard FlexDeck setting provides the most cushioning, giving a feeling similar to running outdoors on grass or soil.
- The Firm FlexDeck setting provides additional shock absorbers to increase the firmness of the deck during foot plant. The firm setting simulates the feeling of running outdoors on a rubber track.
- The Hard FlexDeck setting again provides additional shock absorbers to simulate the feeling of running outdoors on pavement.



7 Service and Technical Data

7.1 Troubleshooting

Problem	Cause / Solution
The treadmill console does not turn on when the ON/OFF switch is turned on.	You may be in “Energy Saver Mode”. Press the “Energy Saver” button to see if console turns on.
	Check to see if the treadmill is plugged in and if the ON/OFF switch is on. If the ON/OFF switch is on verify that the treadmill power cord is not damaged and the wall outlet is functioning (tripped breaker in house).
	If the ON/OFF switch is on verify that all the customer assembly connections are working properly. Unplug and re-plug each connection to verify. Look to see if any of the cables were pinched during assembly.
I am having problems bolting the parts together when assembling the unit.	1. Do not tighten the screws until the uprights, console and handrails are all installed. 2. Check the screw threads for any damage. 3. Tighten the hardware after all components are installed.
The treadmill shakes a lot when I run on it.	1. Turn the treadmill OFF. Make sure all assembly hardware is tightened. 2. If shaking still occurs, adjust the levelers under the stationary frame until the shaking decreases. See *How to Stabilize the Life Fitness Treadmill.*
The contact heart rate sensors are not reading my heart rate correctly.	Be sure to grasp the sensors firmly and keep hands still. If heart rate seems substantially higher or lower than expected, remove hands from sensors until heart rate disappears. Life Fitness recommends that the user stand on the side rails when attempting to monitor heart rate with contact sensors.
	Tips for contact heart rate: 1. Dry hands to prevent slipping on the sensors. 2. Apply hands to all four sensors (two in each hand). 3. Grasp the sensors firmly. 4. Apply constant pressure to the sensors.
The running belt is tracking to the left or right.	See *Tracking (Centering) An Existing or New Striding Belt.*
The belt seems to slip when I run on it.	You may need to tighten the walking belt. See *Tracking (Centering) An Existing or New Striding Belt.*
“REPLACE SWITCH’ or “EMERGENCY STOP REPLACE KEY” displayed on the console.	These messages are displayed if the Emergency Stop key is not in place on the Activity Zone. 1. Place the key back in position. 2. If the key is in position, verify that the safety switch connector was properly attached to the console.

Problem	Cause / Solution
When I try to save a workout on the USB stick I receive the following message: UNABLE TO SAVE SEE MANUAL. ***Note:*** *Applies to Track Console only.*	The console may not have recognized the USB stick. Try unplugging the USB stick and plugging it back in. The USB stick may be full. The USB stick may not be compatible with the product. Try using a different USB stick.
The wireless heart rate is not working.	Potential reasons for the wireless heart rate not to work properly include: 1. The wireless heart rate is turned OFF in the Settings Menu. Enter the Settings Menu and verify that WIRELESS HR is turned ON. 2. There is poor contact between the telemetry heart rate strap and the skin. Refer to *Heart Rate Telemetry Chest Strap* section in the T5 Go Console Owner's Manual or the T5 Track Console Owner's Manual for details. 3. There is electrical interference from electrical appliances with the telemetry heart rate strap from fluorescent lights, kitchen appliances,etc. Move the treadmill to a different location or move electrical appliances away from the treadmill. 4. The battery in the Heart Rate Telemetry Strap needs to be replaced. The battery is a CR2032 (3V).
A heart rate reading is initially detected and functioning normally but then is lost.	Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference. Equipment is in close proximity to other sources of noise such as audio/video equipment, fans, two way radios, and high voltage/high current power line. Remove the source of noise or reposition the exercise equipment.
"OFF" is displayed in the incline window.	This message relates to a problem with the Incline system. If the incline has been repeatedly moved up and down in a manual program, the lift motor may have activated a thermal protection device. Simply let the treadmill sit for 30 minutes and cycle power. Recalibrate the treadmill following the instructions in Section 3.3 *Calibration*.
"Immobilized" is displayed in window.	The treadmill has been immobilized through software. Press the SPEED DOWN ARROW and STOP to exit this state.
iPod is not recognized. ***Note:*** *Applies to Track Console only.*	This is displayed if your version of the iPod Player is not supported by the treadmill. It may also be displayed if the connector on the treadmill or iPod is damaged.
iPod is not charging while in Energy Saver mode. ***Note:*** *Applies to Track Console only.*	Your iPod will not charge if the treadmill enters Energy Saver mode. This is normal.

7.2 Preventive Maintenance Tips

The Life Fitness Treadmill is backed by the engineering excellence and reliability of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today.

Note: *Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until the defective parts are required or replaced. Pay special attention to parts that are subject to wear, as outlined below.*

The following preventive maintenance tips will keep the Life Fitness treadmill operating at peak performance:

IMPORTANT: Turn the treadmill off and unplug prior to performing any maintenance.	
Weekly	Inspect the power cord. If the cord is damaged call technical support. Make sure the cord is positioned in a location where it will not be damaged.
	Check the operation of the Emergency Stop System.
	Check the operation of the Stop Key.
	Check the position (centering) of the walking belt.
Monthly	Vacuum around and under the walking belt. It is normal for there to be some black dust behind the unit from the walking belt.
	Clean the display console and all exterior surfaces with mild soap, water and a soft cotton cloth or use a Life Fitness approved cleaner (see *Life Fitness Approved Cleaners)*. ***Note:*** *Do not use paper towels, ammonia or acid based cleaners on the product. At no time should cleaner be applied directly to any part of the equipment; spray the cleaner on a soft cloth and then wipe the unit.*
	Inspect the exterior parts for wear and check that user assembly bolts are still tight.

Life Fitness Approved Cleaners *(UNITED STATES AVAILABILITY ONLY)*

Two preferred cleaners have been approved by Life Fitness reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 is available in a convenient spray. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes. Contact Life Fitness Customer Support Services to order these cleaners. Call 1-800-351-3737 or Email: customersupport@lifefitness.com.

Life Fitness Compatible Cleaners

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft cotton cloth only. Apply the cleaner to the cotton cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

7.3 How to Adjust and Tension the Striding Belt

Do not move the treadmill or place hands under the treadmill while it is plugged into an electrical outlet!

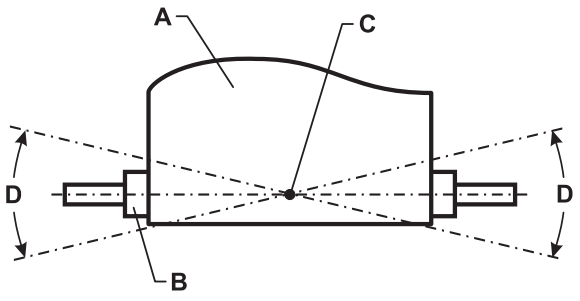
Tool Required: 6MM Hex Key Wrench

The Belt Tensioning Bolts

The Life Fitness treadmill has access holes in the rear roller guards, which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust tracking and centering of the striding belt (A) without removing the guards.

Note: *It is extremely important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. See* How To Stabilize the Life Fitness Treadmill *prior to attempting any rear roller adjustments.*

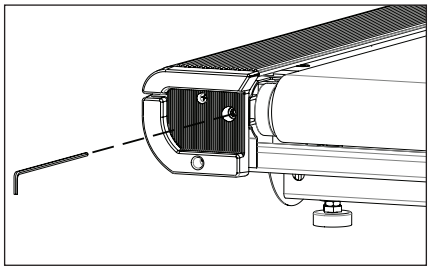
Before proceeding, it is helpful to visualize the REAR ROLLER (B) pivot point (C). Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment (D) to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.



Tracking (Centering) An Existing or New Striding Belt

1. Locate the two access holes to the BELT TENSIONING BOLTS on each of the rear roller guards. These tensioning bolts make it possible to adjust tracking and centering of the striding belt without removing the guards.

2. Stand on the sides of the treadmill and straddle the belt. Enter the MANUAL Workout and set the belt speed to run at 4.0 mph (6.4 kph).



3. If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clockwise with the provided 6MM Hex Key Wrench, and then turn the left tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.

4. If the striding belt has moved to the left, turn the left tension bolt 1/4 turn clockwise and then turn the right tension bolt 1/4 turn counter-clockwise to tart striding belt tracking back to center of roller. Repeat adjustments until the striding belt appears centered. Allow the machine to continue running for several minutes to observe if tracking remains stabilized.

Note: *Do not exceed one full turn of the adjusting screws in either direction. If after one full turn the belt does not track properly, contact Customer Support Services.*

Tensioning an Existing Striding Belt

Under normal usage, the treadmill striding belt may stretch slightly. If the belt starts to slip during use, take the steps listed below to correct the tension.

1. Using the STOP key, stop the treadmill.

2. Turn the belt tensioning bolts clockwise a quarter-turn per side to tension the belt. Do not exceed one full turn (four quarter-turns per side).

3. Set the treadmill at 2.0-mph (3.2 kph) and get on to make sure the belt no longer slips. Also, check the striding belt's tracking. If the striding belt drifts to the left or right see *Tracking (Centering) an Existing or New Striding Belt.*

   Note: *Do not overtighten the tensioning bolts while making belt adjustments. Overtightening of bolts may over stretch and damage the striding belt or roller bearings. Do not exceed one full turn of either bolt in either direction.*

7.4 Using and Testing the Safety Stop Pull Cord

During operation of the treadmill, the lanyard on the Safety Stop Pull Cord should be attached to an item of the user's clothing. While the treadmill is on and the console display is active, remove the Safety Stop Pull Cord from the treadmill. A message shall be displayed on the console similar to "EMERGENCY STOP - REPLACE KEY". With the Safety Stop Pull Cord removed no keys shall function on the treadmill.

Place the Safety Stop Pull Cord back in place. The treadmill will reset and will be ready for operation.

7.5 How to Obtain Product Service

1. Please contact your dealer or Life Fitness Customer Support Services at 1-800-351-3737.

2. Verify the symptom and review the operating instructions and troubleshooting matrix.

3. Locate and document the serial number of the treadmill. The treadmill's serial number is located on the front of the treadmill near the power switch. Please also have proof of purchase information available.

8 SPECIFICATIONS

LIFE FITNESS T5 TREADMILL SPECIFICATIONS

Designed use:	Home
Maximum user weight:	400 pounds / 180 kilograms
Speed range:	0.5 - 12.0 mph (0.8 - 19 km/h) in 0.1 increments
Elevation range:	0%-15% (in 0.5% increments)
Motor:	3 HP continuous duty DC
Rollers:	Front: 2.6” (67mm) precision crowned
	Back: 2.0” (50mm) precision crowned
Belt:	60” Length x 22” Width (152cm Length x 56cm Width), multi-ply
Deck:	Flex Deck cushioning, not reversible
Handrails:	Ergo Crossbar with side handrails
Accessory tray:	Standard, designed into system
Warranty:	10 years motor, 7 years parts, 1 year labor, and lifetime on frame and springs

Physical Dimensions:

Length:	79.5 inches / 202 centimeters
Width:	32 inches / 81 centimeters
Height:	61 inches / 155 centimeters
Weight:	341 pounds / 155 kilograms

Shipping Dimensions:

Carton Length:	90 inches / 229 centimeters
Carton Width:	34.5 inches / 88 centimeters
Carton Height:	22 inches / 56 centimeters
Total Weight:	436 pounds / 198 kilograms

9 Warranty Information

Model	Limited Lifetime	10 Years	7 Years	1 Year
T5 Treadmill Base	Frame & Lifesprings	Drive Motor	Electrical & Mechanical Parts	Labor

What Is Covered.
This LIFE FITNESS consumer product ("Product") is warranted to be free of all defects in material and workmanship.

Who Is Covered.
The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

How Long Is It Covered.
Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart above.

Non-Residential: Warranty void *(this Product is intended for residential use only)*.

Who Pays Transportation & Insurance For Service.
If the Product or any covered part must be returned to a service facility for repairs, We, LIFE FITNESS, will pay all shipping and insurance charges during the warranty period *(within the United States only)*. The purchaser is responsible for shipping and insurance charges after the warranty has expired.

What We Will Do To Correct Covered Defects.
We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What Is Not Covered.
Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America *(excluding Alaska, Hawaii and Canada)* and are then subject to the terms provided by that country's local authorized LIFE FITNESS representative.

What You Must Do.
Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. LIFE FITNESS reserves the right to decide whether or not a product is to be returned for repair.

Product Registration.
Register at ***www.lifefitness.com/home/product-registration.html.*** Our receipt assures that your name, address, and date of purchase are on file as a registered owner of the Product. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

User Manual.
It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

How To Get Replacement Parts & Service.
Refer to page one of this manual for your local service contact information. Reference your name, address and the serial number of your Product *(consoles and frames may have separate serial numbers)*. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

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